

2008-2009  
**Kindergarten Workbook**



**Name:** \_\_\_\_\_

# A Close Look at MyPyramid

For Kids

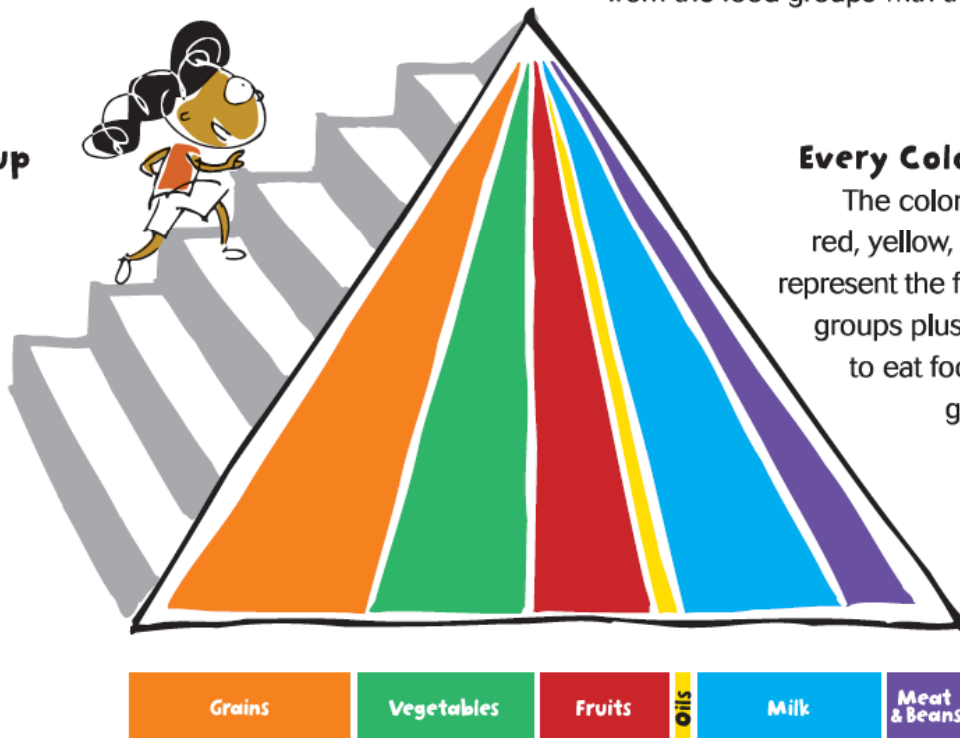
*MyPyramid for Kids* reminds you to be physically active every day, or most days, and to make healthy food choices. Every part of the new symbol has a message for you. Can you figure it out?

## Be Physically Active Every Day

The person climbing the stairs reminds you to do something active every day, like running, walking the dog, playing, swimming, biking, or climbing lots of stairs.

## Choose Healthier Foods From Each Group

Why are the colored stripes wider at the bottom of the pyramid? Every food group has foods that you should eat more often than others; these foods are at the bottom of the pyramid.



## Eat More From Some Food Groups Than Others

Did you notice that some of the color stripes are wider than others? The different sizes remind you to choose more foods from the food groups with the widest stripes.

## Every Color Every Day

The colors orange, green, red, yellow, blue, and purple represent the five different food groups plus oils. Remember to eat foods from all food groups every day.

## Make Choices That Are Right for You

*MyPyramid.gov* is a Web site that will give everyone in the family personal ideas on how to eat better and exercise more.

## Take One Step at a Time

You do not need to change overnight what you eat and how you exercise. Just start with one new, good thing, and add a new one every day.



For information on obesity prevention or food stamps, call 1-888-328-3483. This material was funded by the USDA's Food Stamp Program, an equal opportunity provider and employer.

# Introduction



Harvest of the Month is a program that your class will participate in this year. Through this program, you will try fruits and vegetables that you may have never tasted before. All of these fruits and vegetables are grown in California and will be in season, which is when they are more affordable and most fresh.

Fruits and vegetables are full of vitamins and minerals that your growing body needs. Look on the left page to find where fruits and vegetables are part of MyPyramid.



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**You do not need to carry measuring cups with you to eat your recommended amount of fruits and vegetables. The key to a healthy life is in your hands!**

**1/2 cup of fruit**



**1/2 cup of vegetables**



**1 cup of fruit**

**1 cup of raw leafy greens**



**1/2 cup of vegetables**
















**1/4 cup of dried fruit**



**1/2 cup of vegetables**



Fruit or Vegetable	 I liked it	 I am not sure if I liked it	 I did not like it	 I will try this again
<b>Tomato</b> 				
<b>Winter Squash</b> 				
<b>Persimmons</b> 				
<b>Dried Fruit</b> 				
<b>Mandarin</b> 				
<b>Cabbage</b> 				
<b>Peas</b> 				
<b>Asparagus</b> 				
<b>Avocado</b> 				
<b>Peach</b> 				

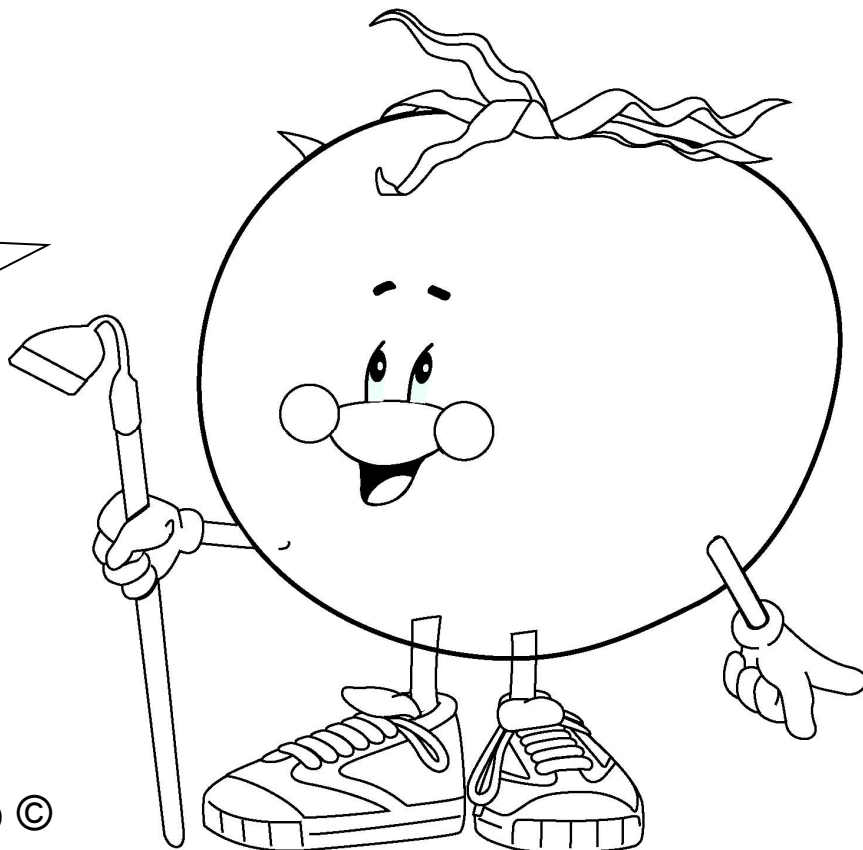


# September Tomatoes



T is for tasty tomato.

I am full of  
vitamin C.  
Color me red.



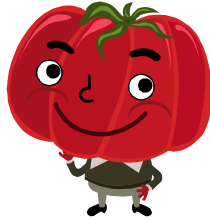
Terry Tomato ©

Practice writing uppercase and lowercase "Tt."

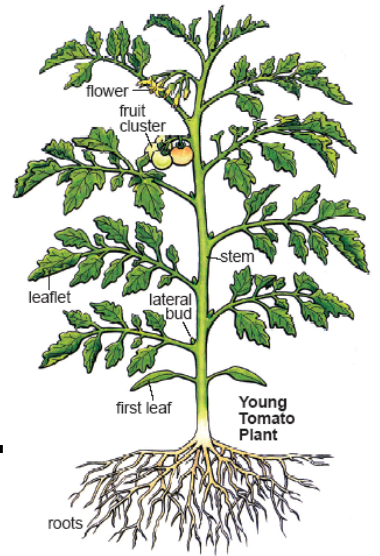
T T

t t

How do I grow?



Let's  
take a  
look

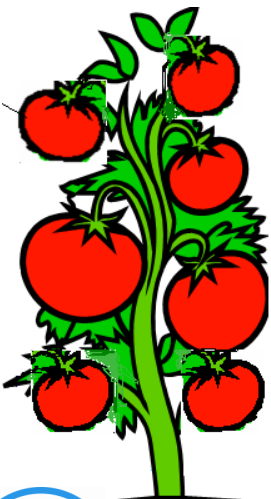


A tomato is

red and juicy.

Practice writing the word "tomato."

tomato



Juicy tomatoes grow on a vine.  
Can you count how many  
tomatoes are on this vine?

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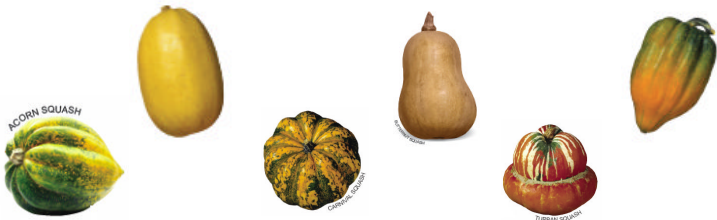
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# October Winter Squash



S is for succulent  
squash.

Squash comes in a  
variety of shapes  
and colors. Color me  
green.



Samuel Squash



Practice writing uppercase and lowercase "Ss."

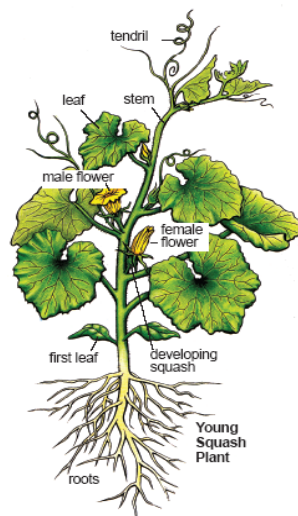
S S

s s

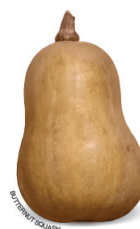




**Let's take a look**



Squash contains seeds.



Practice writing the word "squash."

squash



How many squash are on the table?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

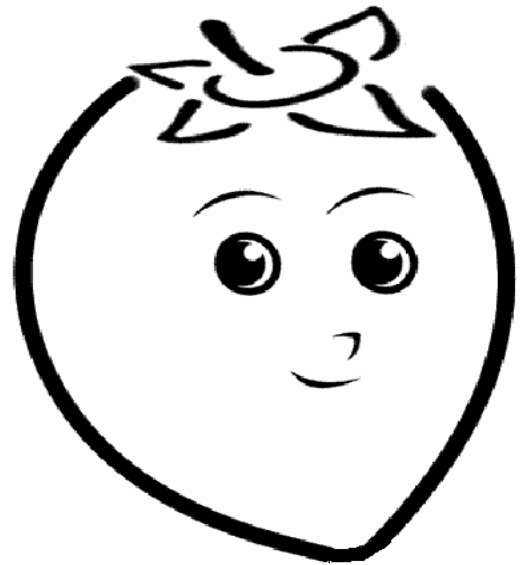
# November Persimmons



P is for plump

persimmons.

I am full of vitamin A  
and vitamin C. Color  
me orange.



Penelope Persimmon

Practice writing uppercase and lowercase "Pp."

P P

p p

Persimmons grow on  
a tree!



Practice writing the word "persimmon."

persimmon

## Counting Fruit

Count the fruit and write the correct number on the line.

tangerines



=

\_\_\_\_\_

-----

\_\_\_\_\_

\_\_\_\_\_



peaches



=

-----

\_\_\_\_\_

\_\_\_\_\_



persimmons



=

-----

\_\_\_\_\_

\_\_\_\_\_



# December Dried Fruit



- A. Cranberries → Dried Cranberries
- B. Grapes → Raisins
- C. Plums → Dried Plums or Prunes



Photo source: ebfarm.com

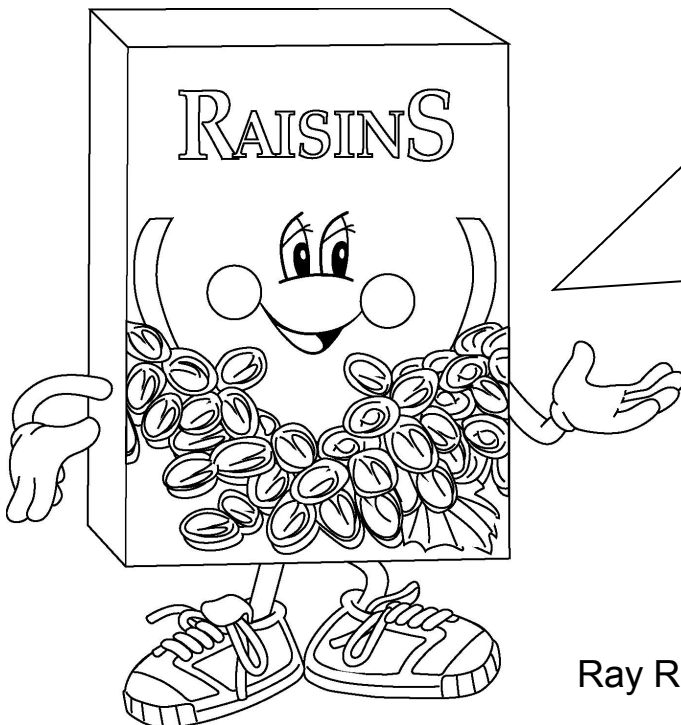
A

B

C

D is for dried.

F is for fruit.



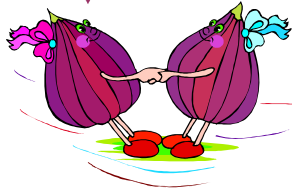
Raisins are  
dried grapes.  
We make a  
wonderful  
sweet snack.



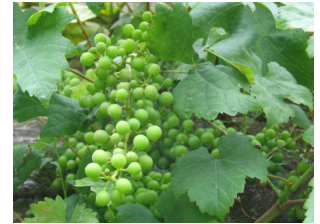
Ray Raisins ©

How are  
raisins  
made?

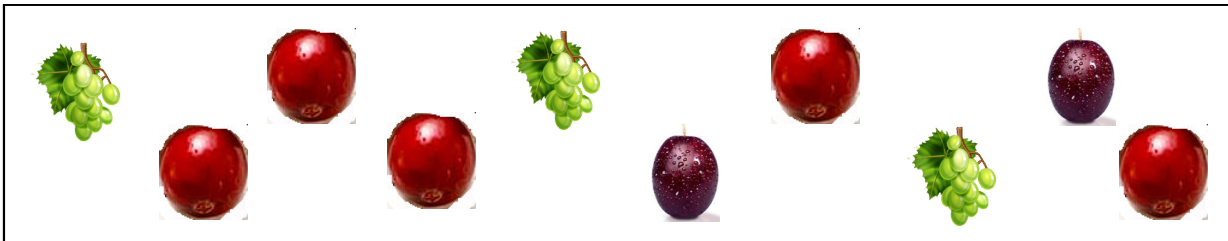
Bunches of grapes are hand-picked by  
field workers. Placed on trays, they are  
allowed to dry for two to four weeks.



**Friendly  
Figs!**






## Counting Fruit



How  
many  
did you  
find?

Please mark an X for each fruit identified.

PLUM 						
CRANBERRY 						
GRAPE BUNCH 						


Practice writing the word "raisin."

raisin



# January Mandarins



M is for magnificent

mandarins.

I am a tangerine  
and I am a type of  
mandarin fruit.  
Color me orange.



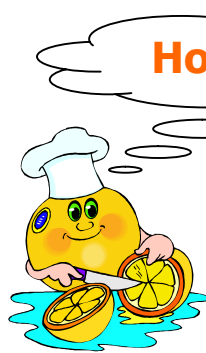
Tasha Tangerine



Practice writing uppercase and lowercase "Mn."

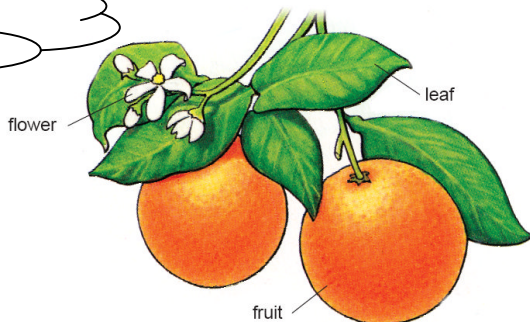
M M M

m m



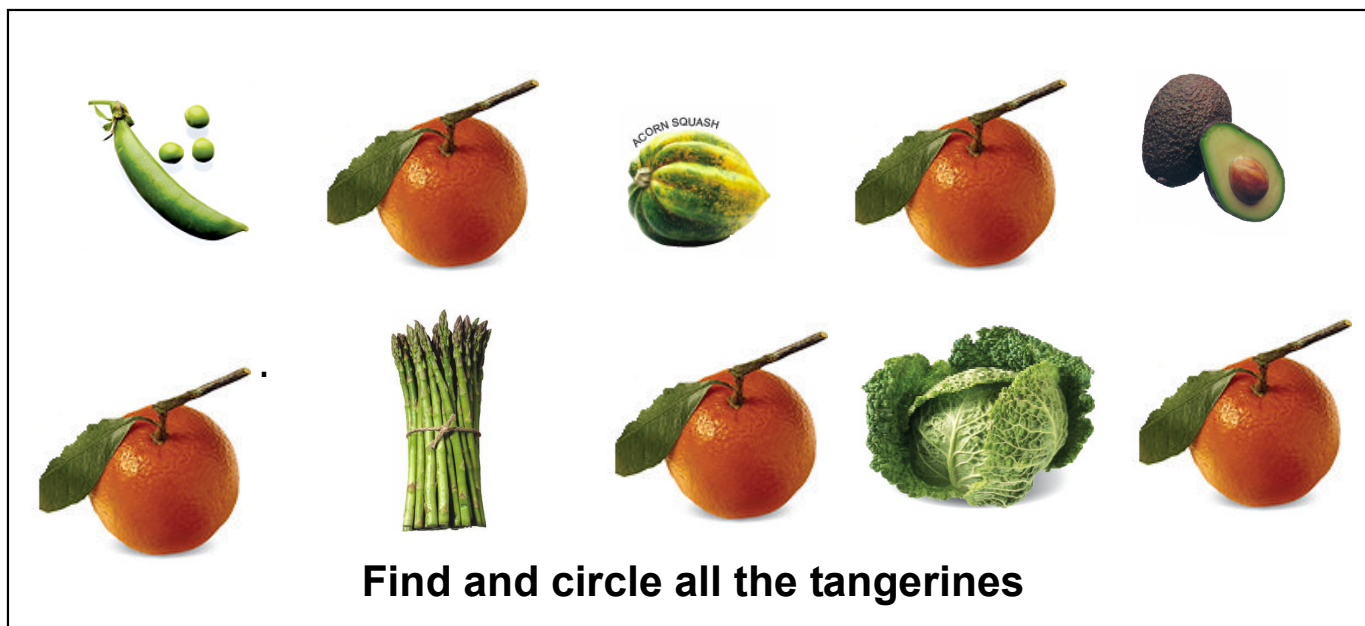
How do I grow?

Let's  
take a  
look



Practice writing the word "mandarin."

mandarin



How many tangerines did you find?

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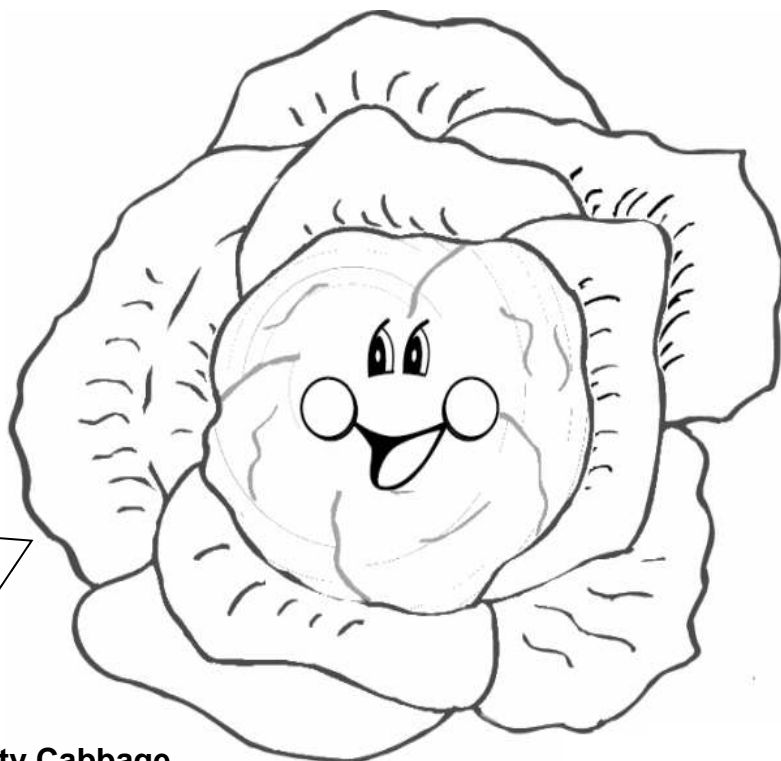
# February Cabbage



C is for crunchy

cabbage.

I am full of  
vitamin C that  
helps your wounds  
heal. Color me  
**green.**



Christy Cabbage

Practice writing uppercase and lowercase "Cc."

C C

c c

How does cabbage grow?



Let's  
take a  
look



## Vitamins A & C

Match the pictures below to the correct name of the fruit or vegetable.

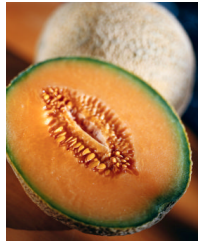
cabbage

cantaloupe

peas

persimmon

These fruits have vitamin A. They help our eyes see better.



\_\_\_\_\_



\_\_\_\_\_

These vegetables have vitamin C. They help our cuts to heal better.



\_\_\_\_\_



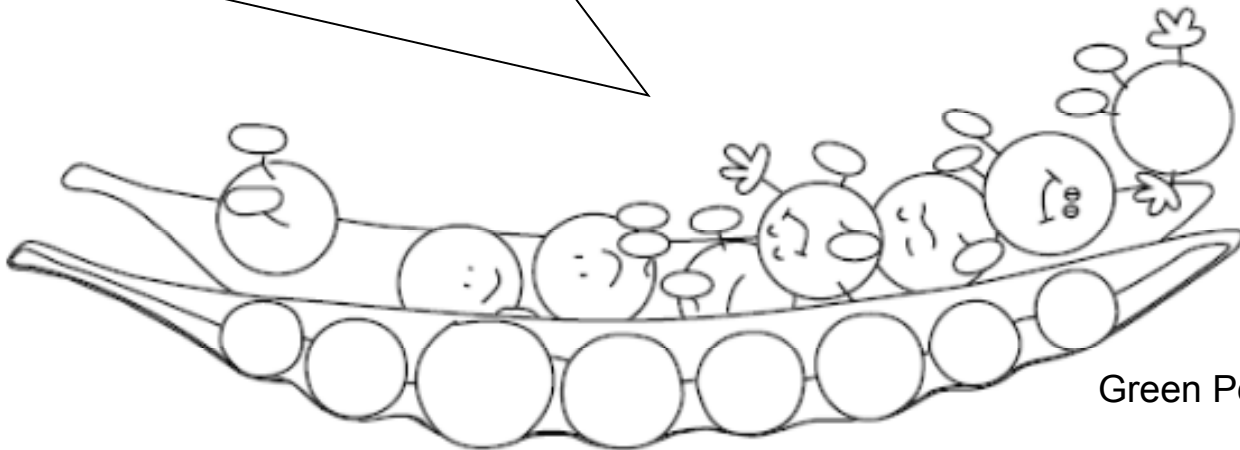
\_\_\_\_\_

# March Peas



P is for playful peas.

We are a vegetable that is filled with vitamin A. Vitamin A helps keep your eyes healthy. Color us green.



Green Pea Gang ©

Practice writing uppercase and lowercase "Pp."

P P

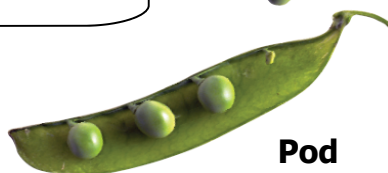
p p



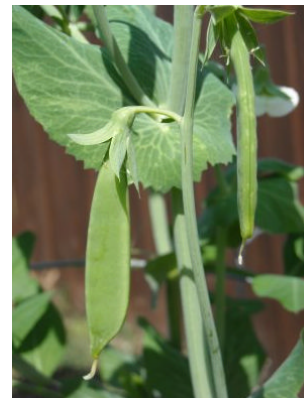
I grow on a vine or  
on a bush.



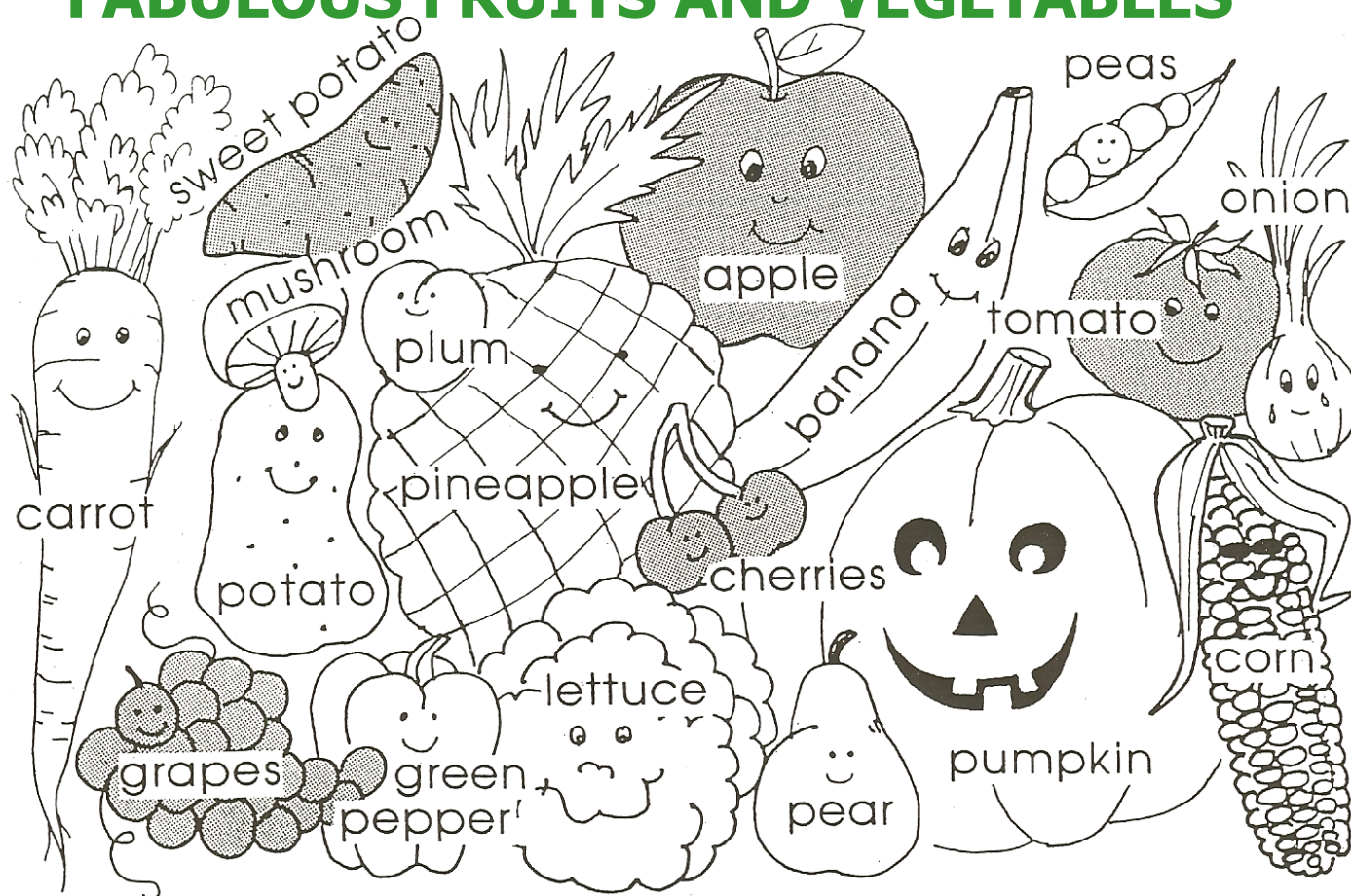
Pea



Pod



## FABULOUS FRUITS AND VEGETABLES



Write the names of 4 **FRUITS** and 4 **VEGETABLES** in the columns below. Color the fruits and vegetables.

### FRUITS

### VEGETABLES

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

# April

## Asparagus



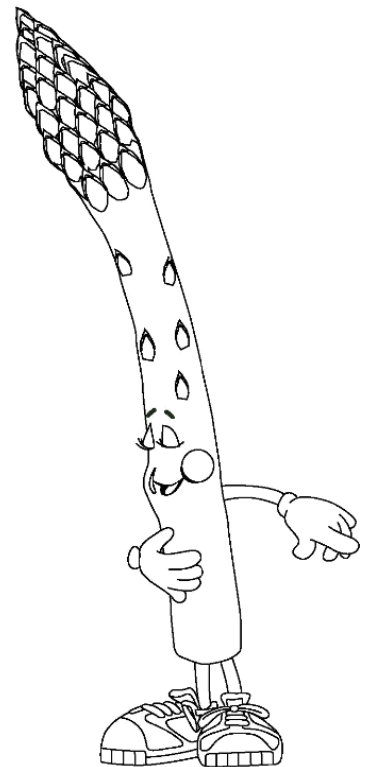
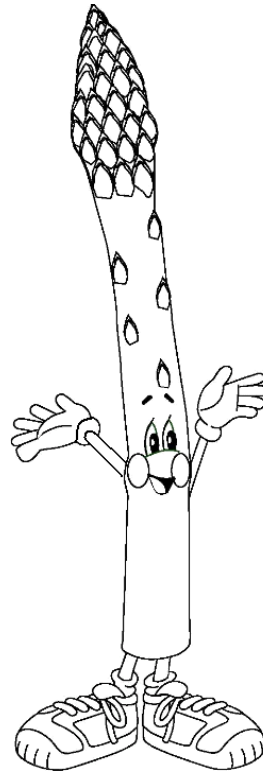
A is for appetizing

asparagus.

We are a nutritious vegetable. Color us green.



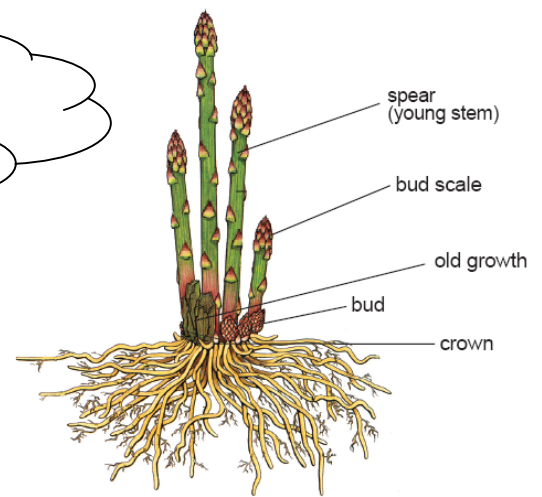
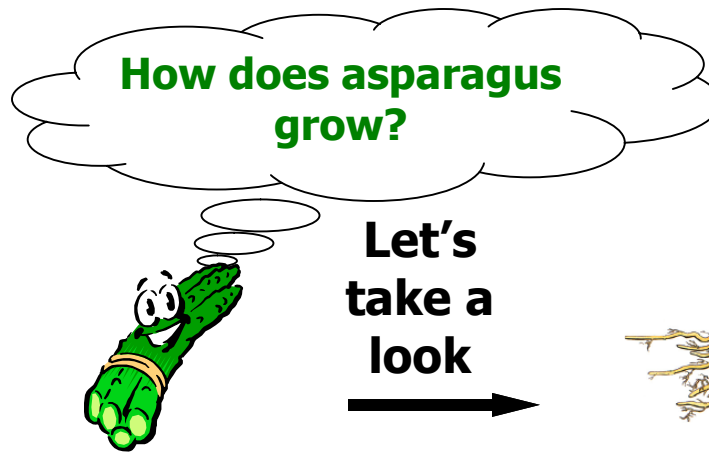
Annie & Arthur Asparagus ©



Practice writing uppercase and lowercase "Aa."

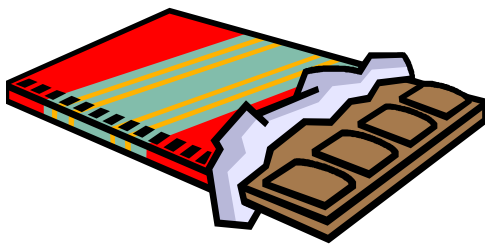
A A

a a



## Making the Right Food Choices

Directions: Draw a circle around nutritious snacks that provide the most vitamins and minerals needed for growing bodies.



# May Avocados

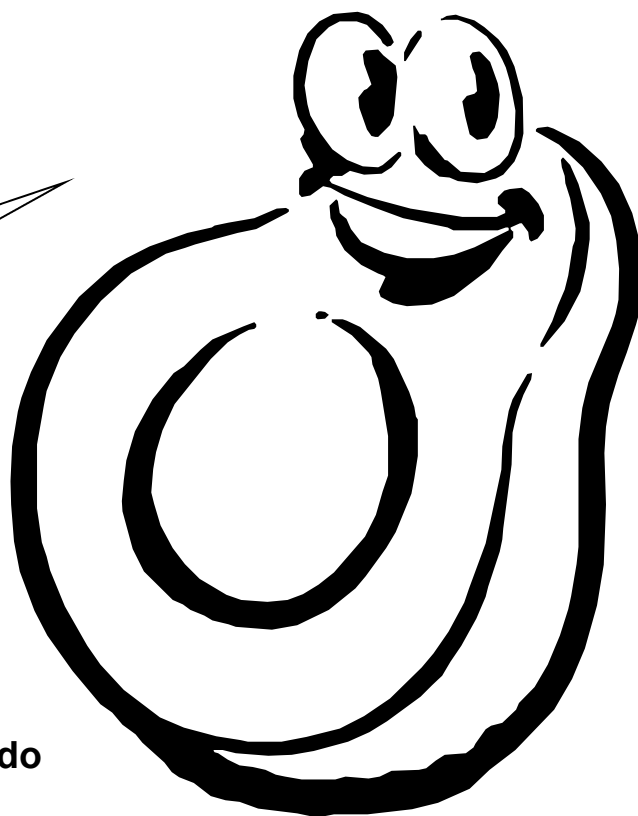


A is for amazing  
avocados.



I grow on a  
tree. I have  
one large  
seed inside.

**Anthony Avocado**



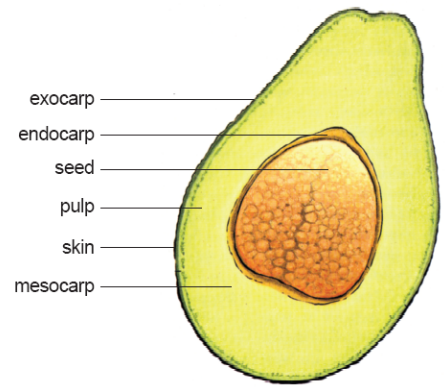
Practice writing uppercase and lowercase "Aa."

A A

a a



Avocados grow on a tree. Take a look inside an avocado!



Challenge! Circle the one word that relates to avocado for each letter.

A      Appetizing      Animal



V      Violin      Vitamins

O      Ocean      Oval



C      California      Cucumber

A      Apple      Avocado



D      Dog      Delicious

O      Orbit      Orchard





# June Peaches



P is for plump peach.

I am a delicious fruit that grows on a tree. Color me **peach**.



Peter Peach



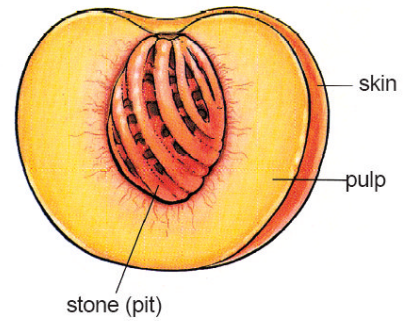
Draw a line from the picture of the produce item to its matching name.



**AVOCADO**  
**PEAS**  
**ASPARAGUS**  
**PEACH**  
**TANGERINE**  
**PERSIMMON**



Peaches grow on a tree.  
Take a look inside a peach!



## Create a Fruit and Vegetable Grocery List!



**Congratulations** on your new discovery of so many delicious fruits and vegetables! Over the summer it is important to continue to eat plenty of colorful fruits and vegetables every day. Make a grocery list below that includes all the fabulous fruits and vegetables you will eat over the summer. Take your list shopping!



Name: \_\_\_\_\_



## MY FRUIT AND VEGETABLE GROCERY LIST



_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

# Seasonal Guide to Fruits and Vegetables

*It is easy to stay healthy and save money when you buy fruits and vegetables that are in peak season.  
Keep it safe! You should always rinse your fruits and vegetables before you eat them.*

Spring	Summer	Fall	Winter	Year-Round
apricots artichokes asparagus avocados bell peppers collard greens grapefruit green peas guavas mangos oranges papayas rhubarb strawberries swiss chard	apricots avocados bell peppers cantaloupe cherries corn grapes green beans green peas honeydew mangos nectarines okra	acorn squash brussels sprouts butternut squash chayote squash cherimoya grapes green beans honeydew kiwifruit okra pears persimmons pomegranates pumpkins sweet potatoes swiss chard tangerines tomatoes turnips	avocados brussels sprouts chayote squash cherimoya collard greens grapefruit guavas kiwifruit mustard greens oranges pears tangerines turnips	apples bananas beets bok choy broccoli cabbage cactus leaves canned fruits and vegetables carrots cauliflower celery chili peppers cucumbers dried fruit eggplant frozen fruits and vegetables garlic green onion jicama kale leeks lemons lettuce limes mushrooms onions parsnips pineapples potatoes radishes spinach tomatoes 100% fruit juice 100% vegetable juice



For information on obesity prevention or food stamps, call 1-888-328-3483. This material was funded by the USDA's Food Stamp Program, an equal opportunity provider and employer.

# Acknowledgements

This Harvest of the Month workbook was created in collaboration with Downey Unified School District's *Network for a Healthy California* who developed Kindergarten through 2<sup>nd</sup> grade workbooks and ABC Unified School District's *Network for a Healthy California* who developed 3<sup>rd</sup> through 6<sup>th</sup> grade workbooks. We would also like to thank Hawthorne and Montebello Unified School District's *Network for a Healthy California* staff for sharing their lessons, creativity, and passion for nutrition education.

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Coloring pages and produce characters taken from  
[dole5aday.com](http://dole5aday.com).



This material was funded by USDA's Food Stamp Program through the California Department of Public Health's *Network for a Healthy California*. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-888-328-3483.